HotLunch/Milk Order Form

Orders are taken on Thursday mornings for the following week.

Student's Name: _____ **Homeroom:** _____

			$ Amount	Milk (40 cents) Choc	Milk (40 cents) White
Monday	Spaghetti with Tomato Sauce	$3.50			
	Bugs'n'Cheese	$3.50			
Tuesday	Cheese Pizza	$1.25			
Wednesday	Hamburger	$2.00			
Thursday	Pizza with Hamburger	$1.25			
Friday	Pita (Please fill out the order form below)				
Total for the Week					

Total Cost of Food and Milk Ordered: _____

EXTREME Pita®

Fresh to the Extreme!

School Lunch Program

Extreme Pita is a Canadian fast food concept committed to healthy eating and living. Founded in 1997, our goal is to provide our guests with something different: the choice to eat at a fast food restaurant that truly understands active lifestyles and healthy concerns. We're fast, fresh, fun, and full of flavour. Besides all that, we're EXTREME when it comes to our commitment to creating a unique product bursting with ingredients that are healthy.

The Extreme Pita School Lunch Program provides a fresh dietitian reviewed healthy meal option for school lunch. We have met the criteria for the Heart and Stroke Foundation's Health Check Program to bring you nutritious power packed food with a taste that kids love!

Our school lunch pitas are the same portion sizes and recipes that you would find in our restaurants that will leave your children full, energetic and ready to learn.

Extreme Pita is proud to have the Health Check™ program on its menu.

Heart & Stroke Foundation Health Check

*The Heart and Stroke Foundation's registered dietitians have reviewed these menu items to ensure they meet the specific nutrient criteria developed by the Health Check™ program based on the recommendations in Canada's Food Guide. A fee is paid by each participating restaurant to help cover the cost of this voluntary, not-for-profit program. See healthcheck.org

Student Lunch Order Form

Student Name: _____

School Name: _____

Teacher's Name: _____ Class Room #: _____

Lunch Order Submission Date: _____ Total Paid: _____

Power Pak
- Choose Your Pita
- Choose Your Side
- Choose Your Beverage

$_____ per lunch

Kidz Pak
- Choose Your Pita
- Choose Your Side
- **OR** Choose Your Beverage

$_____ per lunch

Step One: Choose Your Pita

- ◯ Sweet Chicken Little | Grilled chicken, tomato, cucumber, romaine lettuce and honey mustard.
- ◯ BBQ4U | Grilled chicken, tomato, cucumber, romaine lettuce and BBQ sauce.
- ◯ Beefosaurus Rex | Philly steak, red onion, green pepper, mushroom, romaine lettuce and BBQ sauce.
- ◯ Fee-Fi-Fo-Hummus (Vegetarian Option) | Tomato, cucumber, romaine lettuce, hummus, cheddar cheese and light Italian dressing.

Heart & Stroke Foundation Health Check

All pitas made to recipe are Health Check'd

Item Changes and Special Requests: _____

Step Two: Choose Your Side

◯ Apple ◯ Cinnamon Pita Chips ◯ Plain Pita Chips

Step Three: Choose Your Beverage

◯ Oasis Orange Juice (200mL) ◯ Oasis Apple Juice (200 mL)

◯ Milk (250mL) ◯ Chocolate Milk (250mL)

Health Check recommends a whole apple and 2% milk.

Visit extremepita.com for a restaurant nearest you.

Pita only		$3.25
Power Pak	Pita with 1 side (Apple or Pita Chips)	$3.50
	Pita with Drink	$3.75
Kidz Pak	Pita with 1 side & Drink	$4.00